Maria Longo

China

Country Cuisine *Food Presentations*

*Food is one of the most important parts of any culture. Indeed, one of your most interesting experiences living abroad will be learning about the culture through their cuisine. To prepare you for this experience, please research the following topics. Answer these questions with complete sentences and upload to the Wiki when you are finished. M.H.*

1. What foods are commonly eaten in your cuisine?

Foods that are commonly eaten in China’s cuisine are rice, which is eaten several times a day, scallions, bean sprouts, cabbage, and gingerroot. An important source of protein is soybean curd, or tofu. Not a lot of meat is eaten, but pork and chicken are most common. Vegetables are also included a lot in Chinese cooking, and tea is offered at most meals.

1. What are the mealtime customs for your country? Describe a typical meal using their traditional foods as examples:

Breakfast: A common breakfast in China includes tea and dim sum, little snacks that are usually steamed, deep fried, or boiled. Noodles are also commonly eaten for breakfast.

Lunch: Lunch and dinner are fairly similar in China. Noodles, vegetables, rice, fish, meat, and soup are eaten.

Dinner: A typical dinner includes rice or noodles, soup, and three or four hot dishes. At a formal dinner, there will be several cold appetizers too.

Snacks: A well-known type of snack is dim sum, which are bite-size foods served with tea in midmorning, afternoon, or at night. Filled dumplings, shrimp balls, and spring rolls, and fried wontons are typical dim sum.

1. Name at least two “famous” dishes from your country.

Famous dishes from China are roasted duck from Beijing and Cantonese dishes such as wonton soup, egg rolls, and sweet and sour pork.

Are these foods commonly eaten in our American cuisine?

Beijing’s roasted duck is not commonly eaten in our American cuisine. However, the Cantonese dishes are eaten here because many Chinese immigrants from China came from this area.

Have you personally ever tasted these foods?

Personally, I have never tasted roasted duck, but I have eaten dishes like wonton soup and egg rolls several times.

1. What are some types of cooking utensils or equipment used in this cuisine?

The Chinese eat with chopsticks. Food is cut into bite-size pieces while being prepared, so there is no need for a knife to cut it at the table. It is good manners to hold a bowl of rice up to your mouth with one hand and scoop the rice into your mouth with your chopsticks. It is rude to leave chopsticks sticking straight up in a bowl of rice.

1. What are the traditional holidays or celebrations for your country and what foods are served at these events?

The Chinese celebrate today’s modern holidays such as New Year’s Day and Labor Day in addition to many traditional festivals. Foods served at these events are elaborate, consisting of steamed dumplings, suckling pig, and a selection of desserts. Desserts are generally only eaten on special occasions. The most important festival is the Chinese New Year. On this day, oranges and tangerines, fish, and duck are also eaten.

1. As a visitor to your country, you will be dining in restaurants in your city. Describe what your experience may be like. Will you be able to read the menu? What are some dishes that may be included on your menu? How expensive will it be for you as a visitor?

In Chinese restaurants, the menus are written in Chinese and the staff usually does not know any English. Additionally, chopsticks are used to eat instead of silverware. Dishes that might be included on the menu are rice, noodles, soups, and main courses such as meat, seafood, and cooked vegetables. At the mid-range restaurant level, a meal for two people would cost from 90 RMB to 190 RMB, which is equal to about $14 to $30.